

Abstract

Title: Training obligatory technical components in the competition Žij pohybem in the show teams category

Objectives: Obligatory technical components in the show teams category and their managing is often the problematical element of the performance of the competition teams. The main task of the work is to assemble preparatory exercises and training sets of the obligatory technical components in the Žij pohybem competition in the show teams category.

Methods: The outcome of this work has been achieved by studying the specialized literature and internet sources that looks into this problem. The realization of this work has been managed mostly by my own experiences and findings gained by the trainer activity.

Results: The manner of preparation and the preparation sets of the chosen obligatory components were suggested by analysing the obligatory technical components of the rules of the competition Žij pohybem. I have stated the photo documentation of the components and the mistakes in their execution. This work can improve the technical aspect of the performance of the competitors in the Žij pohybem competition and also other competitions too.

Keywords: Aerobic, Žij pohybem, show teams, obligatory technical components